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(54) HEADBAND MONITORING SYSTEM

(71) Applicant: Umm Al-Qura University, Makkah

(SA)

(72) Inventor: Yousef Marouf IDrees, Makkah (SA)

(73) Assignee: Umm Al-Qura University, Makkah

(SA)

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Primary Examiner — Mallika D Fairchild (74) Attorney, Agent, or Firm — Hauptman Ham, LLP

(57) ABSTRACT

A headband monitoring system comprises or consists of an elastic fabric headband for fitting around an individual's head over the individual's forehead, ears and lower back portion of the head. In addition, a pedometer, a heart rate monitor and a number of sensors for detecting number of steps taken and heartbeats in given periods of time and a mini-computer having an input mechanism, data storage, central processing unit and a clock/timer for calculating distance traveled in a given period. Finally, the system includes an individual's smartphone separately disposed from the headband and a Bluetooth transmitter disposed in the elastic fabric band and wirelessly connected to the smartphone for displaying heart rate, steps taken and distance traveled on the smartphone. Finally, a timer and vibrating alarm is disposed in said fabric band for warning an individual that their heart rate has exceeded a predetermined level and that it is time to reduce the exertion over a limited period of time before stopping the exercise.

1 Claim, 3 Drawing Sheets

